

Nini cha kufanya kama ulikuwa karibu na mtu ambaye ametambuliwa kuwa ana COVID-19

Maelezo haya ni kwa watu ambao walikuwa karibu na mtu ambaye ana COVID-19. Kuwa karibu kunamaanisha kuwa karibu umbali chini ya futi sita kwa muda mrefu wakati mtu huyo alikuwa ameanza kuambukiza, hali ambayo huanza siku moja kabla dalili zozote kuanza na kuendelea hadi kupona. Kuwa karibu hakumaanishi kuwa mbali zaidi ya mita sita katika mazingira sawa ya ndani kwa muda mrefu, kutembea karibu, au kuwa katika chumba sawa kwa muda mfupi. Ikiwa wewe ni mfanyakazi wa huduma za afya, angalia mwongozo wa "[COVID-19: Nini cha kufanya ikiwa wewe ni mfanyakazi wa huduma za afya](#)".

Mifano ya kuwa karibu	Mifano ya KUTOKUWA karibu
Unaishi katika nyumba moja	Ulikuwa mshika fedha wao katika duka la vyakula
Wewe ni mwenzi kwa karibu	Wewe ni mfamasia ambaye alimuuzia mtu huyo dawa
Ulisafiri gari moja na mtu huyo ambaye alikuwa ameanza kuambukiza	Ulikuwa mbele ya mtu huyo kwenye foleni dukani
Mlikula chakula cha jioni pamoja wakati mtu huyo alikuwa ameanza kuambukiza	Wewe ni mfanyakazi mwenzake ambaye ulimtembelea kwa muda mfupi ili kumuuliza swalii

Kaa nyumbani na uchunguze dalili kwa siku 14:

- Siku ya 0 ni siku ya mwisho ambayo ulikuwa karibu na mtu huyo.
- Angalia kama una homa, kikohozi na unapumua kwa tabu, hata kama dalili sio kali.
- Usiondoke nyumbani, isipokuwa kwa ajili ya kupata huduma ya matibabu.
- Piga simu kabla ya kumtembelea mtoa huduma ya afya au kitengo cha dharura.
- Ikiwezekana, kaa katika chumba mahususi nyumbani kwako na utumie choo tofauti.
- Kaa angalau futi sita mbali na wengine nyumbani kwako wakati wote. Usishiriki vyombo vyta nyumbani.
- Dumisha mawasiliano na wengine - tumia teknolojia kuwasiliana na marafiki na familia.

Kusafisha na kuosha kila siku:

- Safisha na utumie kemikali ya kuua viini nya maradhi kwenye nyuso katika nyumba yako. Ikiwa unakaa katika chumba tofauti na unatumia choo tofauti, zisafishe wewe mwenyewe. Mwombe mtu mwingine asafishe maeneo mengine ya nyumba hiyo.
- Osha vizuri vifaa nya nyumbani, kama vile vyombo nya kulia chakula, baada ya kutumia.
- Nawa mikono yako mara kwa mara kwa sabuni na maji kwa angalau sekunde 20. Tumia kitakasa mikono chenye kileo ikiwa sabuni na maji havipatikani .

Endapo wakati wowote utapata kikohozi, homa au kupumua kwa tabu:

- Wasiliana na mtoa huduma wako wa afya kwa simu ili kujua ikiwa unapaswa kupimwa. Wajulishe kuwa umejiweka kwenye karantini nyumbani kwako dhidi ya Virusi vipyta nya Korona kwa sababu wewe ni mtu wa karibu wa mtu ambaye ametambuliwa kuwa ana COVID-19.

- Usiende hospitali, isipokuwa katika hali ya kutishia uhai wako.
- Ikiwa huna mtoe huduma, piga simu 2-1-1 ili uunganishwe na kliniki iliyopo katika eneo lako.
- Watu walio na maradhi yasiyo makali wanaweza kutibu dalili zao nyumbani: kupumzika vya kutosha, kunywa vimiminika vingi, na kunywa dawa za kupunguza homa kama itahitajika.

Wakati gani wa kupata huduma ya matibabu mara moja:

Ikiwa una matatizo ya kupumua, maumivu ya kifua, kuchanganyikiwa, au mabadiliko ya rangi kwenye midomo, fizi, uso, karibu na macho, au kucha zako, tafuta huduma ya matibabu mara moja. Unapopiga simu kwa huduma ya matibabu, mjulishe mtoe huduma au 911 kwamba umejiweka katika karantini nyumbani kwako kwa sababu wewe ni mtu wa karibu wa mtu aliye na COVID-19.

Tofauti kati ya kujitenga na karantini

	Kujitenga	Karantini
Kwa ajili ya nani?	<p>Watu walio na dalili za COVID-19</p> <ul style="list-style-type: none"> • Kwa watu walio na COVID-19 ambao sio wagonjwa kwa kiasi cha kulazwa hospitalini, au • Kwa watu ambao wanashubiri matokeo ya vipimo 	<p>Watu wasio na dalili za COVID19</p> <ul style="list-style-type: none"> • Watu wa karibu na watu walio na COVID19
Kwa muda gani?	<p>Hadi kupona, hali ambayo hutokea wakati yote matatu yameshafanyika:</p> <ol style="list-style-type: none"> 1. Imekuwa siku tatu kamili bila homa na bila kutumia dawa ya kupunguza homa, na 2. Dalili zingine zimeonyesha nafuu, na 3. Angalau siku saba zimepita tangu dalili zako kuonekana mara ya kwanza. 	<p>Kwa siku 14 tangu tarehe ya uwezekano wa kuwekwa katika hatari. Siku uliowekwa katika hatari ni Siku ya 0.</p>
Hii inamaanisha nini?	Kukaa katika chumba tofauti ndani ya nyumba, kutumia choo tofauti, kuepuwa kuwa karibu na wengine.	Kukaa nyumbani saa zote, kufuatilia dalili na kujitenga na wengine. Ikiwezekana, tumia chumba na choo tofauti. Ikiwa utaanza kuonyesha dalili, watu waliokuwa karibu nawe wanapaswa kujiweka katika karantini.

Maelezo zaidi yanapatikana kwenye tovuti yetu: www.healthvermont.gov/COVID-19

What to do if you are a close contact of someone who is diagnosed with COVID-19

This information is for people who were in close contact with someone who has COVID-19. Close contact means being closer than six feet apart for a long time while the person was infectious, which starts two days before any symptoms began and continues until they are recovered. Close contact does not mean being more than six feet away in the same indoor environment for a long time, walking by, or briefly being in the same room. If you are a health care worker, see the guidance [COVID-19: What to do if you are a health care worker](#).

Examples of close contacts	Examples of NOT close contacts
You live in the same home	You were their cashier at the grocery store
You are intimate partners	You are a pharmacist who gave the person medication
You rode in the same car while the person was infectious	You were in front of the person in line at the store
You had dinner together while the person was infectious	You're a coworker who briefly walked by to ask a question

Stay at home and watch for symptoms for 14 days:

- Day 0 is the day you were last in contact with the person.
- Watch for fever, cough and shortness of breath, even if the symptoms are mild.
- Don't leave home, except to get medical care.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet away from others in your home at all times. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

If at any point you develop a cough, fever or shortness of breath:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- Don't go to the hospital, except in a life-threatening situation.
- If you don't have a provider, call 2-1-1 to be connected to a clinic in your area.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

When to get medical care immediately:

If you have trouble breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you are quarantining at home because you are a close contact of someone with COVID-19.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none">• For people with COVID-19 who aren't sick enough to be hospitalized, or• For people who are waiting for test results	People with no symptoms of COVID19 <ul style="list-style-type: none">• Close contacts of people with COVID19
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none">1. It's been three full days of no fever without the use of fever-reducing medication, and2. Other symptoms have improved, and3. At least seven days have passed since your symptoms first appeared.	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: www.healthvermont.gov/COVID19